How Trauma Sensitive Art Group Can Help

Many survivors of trauma find it difficult to put their experiences into words. Art therapy offers a gentle, non-verbal way to process emotions and experiences, reducing the pressure to talk before feeling ready. The creative process helps clients safely explore themes of identity, control, and healing while building resilience and self-awareness.

In a group setting, art therapy also reduces isolation by providing connection with others who have shared experiences. Clients are supported to reconnect with their bodies, strengthen coping strategies, and cultivate a sense of empowerment. Because the focus is on the process rather than artistic skill, art therapy is accessible and can meet clients wherever they are in their recovery journey.

8 Week Programme:

- Adults 18+
- Small groups (up to 10)
- 2027 March intake
- ACC SCS funded
- No art experience needed

Sessions May Include:

- Charcoal
- Paint pouring
- Water Colour
- Mandalas
- Collage

Trauma Sensitive Art Group

2027

Develop Skills In

- Emotion Regulation
- Cognitive flexibility
- Empowerment
- Mindfulness
- Self-compassion
- Distress tolerance
- Playfulness
- Body awareness

Course Information

Location:	349 Woodham Road, Wainoni, Christchurch
Intakes:	March. 2027 Days TBC
Accessibility:	There is a carpark on site and plenty of free on road parking. The property has an accessible and gender diverse toilet available. If you have any concerns regarding accessibility, please reach out
Hours to Request:	Supplier: South Coast Psychology 18x SCSGT: Trauma Sensitive Art Group 1x SCSGTT: Triage for Group-based Therapy

Your Facilitators

Angela Martin: Angela has extensive experience using art as a powerful medium for connection and self-expression. She currently co-facilitates the Body Image Recovery Group and is a Provider with ACC, bringing warmth, creativity, and therapeutic expertise to her work.

Andre Johansson: Andre has over eight years' experience in group facilitation and individual support working with people impacted by trauma, particularly within the criminal justice system. She integrates art as a core component of her trauma-informed practice, offering a non-verbal, embodied approach to healing

More Information

Chat to your lead provider to see if this group is right for you.

Practitioners please contact:
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